Handout

What Do I Value?1

For this activity, you will be thinking about your values—the things that matter and are most important to you. The following list does not include all of the possible values a person might have, but for today, these are the ones we will focus on. Your responses will be private and will not be graded. There are no right or wrong answers for this activity!

Directions: Read the list of common personal values. Then **circle** the two or three values that are MOST important to you. Even if you feel like many of these values are important, only circle the two or three MOST important. Then move on to complete Part 2 and Part 3 of the handout.

PART 1: Identify Your Most Important Values

The **MOST important values** to me are (circle two or three from the list):

Athletic ability

Being good at art

Creativity

Independence

Living in the moment

Membership in a social group (such as your community, ethnic/racial group, or

school club)

Music

Politics

Relationships with family and friends

Religious or spiritual values

Sense of humor

¹ Adapted from Geoffrey L. Cohen, "Surveys and Interventions," Affirmation Activity #1 for Ages 12–16, https://www.geoffreylcohen.com/surveys-and-interventions.

PART 2: Reflect On Your Important Values

1.	Look at the values you picked as MOST important to you.
2.	Think about times when these values have been or would be very important to you.
3.	In a few sentences, describe why these values are important to you. Remember, there are no right or wrong answers.
	that you have reflected on your top two or three values, explain in one nce for each why it is so important to you.
1.	My first value is It is important to me
	because
2.	My second value is
3.	

PART 3: Evaluating the Impact of Your Values

Read the statement in the left column. Decide if you strongly agree (SA), agree (A), disagree (**D**), or strongly disagree (**SD**) with the statement. Circle your response.

Statement		Your Opinion		
The values I selected have influenced my life.	SA	Α	D	SD
In general, I try to live up to the values I selected.	SA	Α	D	SD
The values I selected are an important part of who I am.	SA	Α	D	SD
I care about the values I selected.	SA	Α	D	SD